RECREATIONAL OPPORTUNITIES FOR SENIORS

SOCIALIZATION
Midday Friendship Centers - lunch and socialization: (973) 285-6856
Senior Citizen Clubs - Call Morris County Division on Aging, Disabilities and Veterans for information: (800) 564-4656 or (973) 285-6848
Watch local newspapers for club information in neighboring communities. Clubs planning trips may take out of towners if there is room on the bus (charging a few dollars more)

HEALTH & WELLNESS
Hospital Senior Clubs: Education - health screenings - fitness programs - social activities
Chilton Hospital - New Vitality: (973) 831-5167
www.chiltonmemorial.org/gerontology.shtml
Hackettstown Regional Hospital – Center for Healthier Living – Health Link
www.hackettstownhospital.org (908) 850-6872

SPORTS AND RECREATION; CULTURE AND EDUCATION
Morris County Park Commission - For information and Visitor's Guide:
www.Morrisparks.net (973) 326-7600

State Parks, Forests and Historic Sites:
Those 62+/or disabled can apply for a Senior Citizen Pass (free entry and free parking) – may also get application same day at park.
NJ Division of Parks and Forestry: (800) 843-6420 or (609)984-0370
www.njparksandforests.org

Hunting/Fishing Discount: Fish and Wildlife: (609) 292-2965-general information
Clam/Oyster Fishing: Fish and Wildlife: (609) 984-5546
www.state.nj.us/dep/fgw/forms.htm - Hunting/Fishing/Clam/Oyster Fishing info.

Senior Citizen Fishing License (fresh water): May purchase at bait and tackle shops, sporting and fishing stores, etc. additional information for fishing licenses view:
www.state.nj.us/dep/fgw/njregs.htm

Museums/Historical Sites: Call your Municipal Building for information

YMCA - Recreational Programs - Senior fitness, swimming, etc.: 
YMCA Lakeland Hills (Mountain Lakes): (973) 334-2820
www.lakelandhillsymca.org
YMCA Morris Center (Cedar Knolls): (973) 267-0704
www.morriscenterymca.org
YMCA Madison Area (Madison): (973) 377-6200
www.madisonymca.org
YMCA West Morris Area (Randolph): (973) 366-1120
www.wmaymca.com

Local Libraries - meetings/programs/lectures, etc.
Morris County Library (973) 285-6970
www.mclib.info

Adult Education Classes - Contact your local high school
Continuing Education Classes - reduced fee:

College of St. Elizabeth - Convent Station: (973) 290-4600
www.cse.edu
Fairleigh Dickinson University - Madison: (973) 443-8500
www.fdu.edu
Drew University - Madison: (973) 408-3000
www.drew.edu
County College of Morris - Randolph: (973) 328-5000
www.ccm.edu

TRAVEL
AARP - Travel discounts, etc. Membership Services: (888) 687-2277 or (888) Our AARP
www.aarp.org
AAA - Motor trip assistance - travel discounts - other benefits - also provides bus trips for members
www.AAA.com
Branch Offices: Florham Park: (973) 377-7200
Randolph: (973) 361-0900
Elderhostel - 75 Federal Street, Boston, MA 02110
National/international travel - educational/recreational programs at low cost.
Seniors only: (877) 426-7788
www.elderhostel.org

VOLUNTEERING
Volunteer Management Center - all kinds of volunteer opportunities for seniors:
www.vmcnj.org (973) 538-7200
NORWESCAP – opportunities for those 55 and over to utilize their skills and knowledge to make a difference in their community: (973) 989-5773
www.norwescap.org

EMPLOYMENT
Part-Time Employment - doing something you enjoy could turn into an income opportunity
Employment Assistance:
Employment & Training: (800) 870-3478 or (973) 285-6880
Workforce Morristown: (973) 631-6321
Workforce Dover: (973) 361-9050
www.mswwib.gti.net-Employment/Training/Workforce
National Council on Aging-Workforce Development (888) 802-6262 or (973) 829-8400
www.ncoa.org
The Women’s Center at County College of Morris: (973) 328-5025
www.ccm.edu/womenscenter/

This is only suggested list of recreational opportunities. Be Creative. This list can be endless!!
M.C. Div. on Aging, Disabilities & Veterans

8/07